



EAP Benefits 2013

Employee Assistance Program (EAP) benefit:

- Up to 3 sessions per member, per problem, per calendar year.
- Family members are covered as well.
- No cost to you or your family members as plan pays 100% to an In-Network EAP provider.
- Pre-certification required at 800-662-7241.

The EAP provides confidential, professional counseling, education and referral services to you and your family members. You can contact the EAP 24 hours a day, 365 days a year, by simply calling one toll-free number: **800-662-7241**.

EAP can help you with a variety of issues:

- marital and family problems
- child or adult care issues
- alcohol and/or drug abuse
- balancing work and family
- depression and anxiety
- work-related concerns
- financial or legal problems
- career transition issues
- personal growth and development
- identity theft
- mediation

Telephonic consultation and EAP sessions with a counselor are provided at **no cost to you**. So, please do not hesitate to use this valuable service whenever you need it. It's easy to access, free, and confidential. It's okay to need a little help now and then.



800-662-7241

www.myachieve.com